

Players must be registered as a team to compete. Players must submit written proof of performance by both team members for each challenge based upon the honor system. The highest score achieved by a single team member for an individual challenge is the only score that contributes to the ranking. Each team's ranking is based upon a cumulative score of each challenge. Each team member can earn extra bonus points which will be added to the team's overall ranking. Challenges may be performed in any order at any time but results must be submitted to ESCC by competition end date of 4/2/2021. Winner for most improved overall is based upon total improvement of an individual in all areas. All activities and challenges are subject to availability. Winners announced 4/5/2021.

BONUS POINTS

Attend 2 fitness classes.

2 Fitness Center Weight Room Appointments

2 Fitness Center Cardio Appointments.